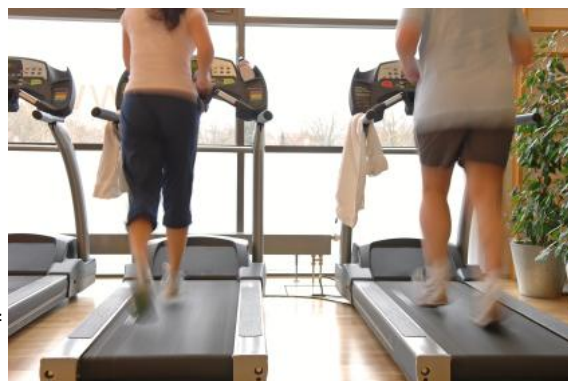




## Week 2: *Steps for Success*

Scientists have only begun to scratch the surface in understanding the benefits of exercise -- not only for fighting cancer and boosting immunity but also for enhancing all aspects of human health. Interestingly, most studies of exercise list walking as the activity of choice. These studies have revealed some extraordinary information about what this most fundamental of workouts can do.



### Walking...

- ✧ supports weight loss and weight maintenance.
- ✧ reduces the risk of heart disease and stroke.
- ✧ fends off diabetes by improving the body's ability to use insulin.
- ✧ eases the pain and stiffness of arthritis.
- ✧ keeps bones strong, which prevents osteoporosis.
- ✧ relieves premenstrual and menopausal discomforts, in women.
- ✧ improves sleep.
- ✧ builds strength, flexibility, and stamina.
- ✧ enhances mental function.
- ✧ counteracts anger, depression, and anxiety.

As you can see, you have a lot to gain just from lacing up a pair of walking shoes and putting one foot in front of the other! *(Runner's World Magazine)*

### Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
2	15 min	20 min	20 min	15 min	20 min	15 min	20 min



## **Warm up & Cool down**

Stretching is essential to any exercise routine because it helps prevent injury and increases your range of motion, flexibility, balance and coordination. Be sure your muscles are warm before you stretch. If you are going to stretch before a workout, walk for five minutes first to get blood flowing to the muscles. A sufficient warm up increases your heart rate and breathing rate, while preparing your muscles, joints, and tendons for an aerobic activity. Never bounce or push during a stretch - it's better to ease into it.

Start with trying to hold a stretch for 10 seconds and gradually increase to 30 seconds. If you don't have time to stretch both before and after a workout, most experts advise stretching after the body has warmed up. Never stretch an injured muscle or joint. Cooling down is also important because it allows your heart, lungs and blood flow to slowly return to normal. This decrease in activity may prevent muscle strain and soreness later. For example, after a brisk 30-minute walk, cool down by slowing your pace for 10 minutes. Complete your exercise routine with at least five minutes dedicated to stretching -- you won't regret it!

Visit [www.inshape.in.gov](http://www.inshape.in.gov) for more online advice from First Lady Cheri Daniels and fitness expert Matt Ebersole on proper walking equipment!

## **Eating for Strong Bones & Muscles**

If you really want the strongest bones and best performing muscles when you exercise, you'll need plenty of foods rich in these critical nutrients: calcium, Vitamin D, magnesium and potassium.

### **Calcium**

Calcium is the most abundant mineral in your body and plays a role in muscle contraction and maintaining strong bones. A lack of calcium-rich foods causes your body to leach the calcium it needs from your bones.

*Best sources:* lowfat and nonfat milk, yogurt, cheese and fortified soymilk

*Fair sources:* collard, mustard and turnip greens, kale, broccoli, edamame and canned salmon with bones



### **Vitamin D**

Vitamin D promotes effective calcium absorption. Your skin creates Vitamin D through sun

exposure. (Ten to fifteen minutes of sunlight without sunscreen twice weekly is usually enough).  
*Best sources:* fortified milk, fish (salmon and tuna) and fortified eggs. Keep in mind all milk, not just whole milk, is fortified with Vitamin D. Choose 1% low fat or fat free skim milk for fewer calories and less fat.

## **Magnesium**

Magnesium plays a role with bone growth and muscle contraction and relaxation.

*Best sources:* all nuts and nut butters, sunflower seeds, all beans and legumes, whole grains, green leafy vegetables and dried fruit.

## **Potassium**

Potassium helps your muscles contract and controls blood pressure. It also helps the water balance in your cells.

*Best sources:* All fruits and vegetables, nuts and seeds, milk, yogurt and lean meats.

## ***Smart Snacks for Bones & Muscles***

- ✧ peanut butter on whole wheat toast
- ✧ nonfat yogurt with sunflower seeds and strawberries
- ✧ handful of almonds and vegetable juice.

# **The Community Corner**

## ***The Toyota Spring Day 8K RUN/WALK***

**When:** May 3, 2008

Start ½ & ¼ mile for Kids: 9AM CDT

Start 8K Run & Fitness Walk: 9:30 AM CDT

Start Tulip Tree mile 9:45 AM CDT

**Where:** Princeton

**More Details:** [Registration, etc.](#)

## ***The American Volkssport Association Walk***

**When:** April 19<sup>th</sup>

**Event:** 5K & 11K

**Event City:** New Harmony

**More Details:** [Click here for directions, ratings, etc.](#)

## ***National Multiple Sclerosis Society's Walk MS***

Christopher & Banks Walk South Central Indiana

**When:** April 19<sup>th</sup>

**Where:** Columbus, IN

Christopher & Banks Walk River Valley

**When:** April 19<sup>th</sup>

**Where:** Evansville, IN

Christopher & Banks Walk East Central Indiana

**When:** April 26<sup>th</sup>

**Where:** Muncie, IN

**More Details:** [information on all walks](#)

***Homeward Bound Walk***

**When:** April 27<sup>th</sup> @ 2PM

**Where:** Indianapolis, University Park

**More Details:** [Location, etc.](#)

***Homeward Bound Walk***

**When:** April 27<sup>th</sup> @ 2PM

**Where:** Chesterfield, Millcreek Civic Center

**More Details:** [Location, etc.](#)

